

# RAMADAN TIMETABLE

## Group Exercise Timetable at Jumeirah Mina Al Salam

### CARDIO

Time	Mon	Tue	Wed	Thu	Fri	Sat	Sun
06:00							
07:00	<b>J Condition</b> Hamza (45 mins)		<b>Virtual LesMills RPM</b> (45 mins)			<b>J Strength</b> Paula (45 mins)	
07:30	<b>Running Club</b> J Club Coach (30 mins)		<b>J Strength</b> Paula (45 mins)				
08:15		<b>Gear Cycling</b> Greg (50 mins)			<b>Gear Cycling</b> Greg (50 mins)		
09:00			<b>Zumba</b> Erick (50 mins)	<b>BodyPump</b> Hamza (45 mins)	<b>Aqua Bike</b> Erik (50 mins)	<b>Core</b> Hamza (50 mins)	<b>Zumba</b> Erick (50 mins)
09:15	<b>Zumba</b> Erick (50 mins)	<b>Zumba Belly Dance</b> Erick (50 mins)			<b>Lift</b> Rania (50 mins)		
09:30					<b>Core</b> Hamza (50 mins)	<b>J Condition</b> Hamza (45 mins)	<b>Aqua GX</b> Erick (50 mins)
10:00							
10:15	<b>Aqua Bike</b> Erick (50 mins)	<b>Aqua GX</b> Erick (50 mins)					
10:30					<b>Zumba</b> Erick (50 mins)		
16:00				<b>Lift</b> Aurelie (50 mins)			<b>Zumba</b> Erick (50 mins)
17:00	<b>BodyPump</b> Enrique (50 mins)	<b>Bootcamp</b> Aurelie (45 mins)	<b>Stick Mobility</b> Aurelie (45 mins)				
18:00	<b>Core</b> Majid (50 mins)						
18:30			<b>J Condition</b> Aurelie (45 mins)		<b>Virtual BodyBalance</b> (60 mins)		
19:00			<b>Zumba</b> Erick (50 mins)				
19:45		<b>Active Stretch and Mobility</b> Aurelie (45 mins)					
20:00		<b>Core</b> Aurelie (50 mins)					

### BODY & MIND

Time	Mon	Tue	Wed	Thu	Fri	Sat	Sun
07:00				<b>Vinyasa Yoga</b> Isha (50 mins)			
08:00	<b>Hatha Yoga</b> Petra (50 mins)		<b>Vinyasa Yoga</b> Isha (50 mins)			<b>Vinyasa Yoga</b> Isha (50 mins)	
10:00			<b>Ashtanga Yoga</b> Petra (60 mins)				
19:00	<b>Vinyasa Yoga</b> Isha (50 mins)			<b>Vinyasa Yoga</b> Isha (50 mins)			

### SHAPE / CONDITIONING

 Lifestyle Members Only

Time	Mon	Tue	Wed	Thu	Fri	Sat	Sun
07:00		<b>HITT Pilates</b> Nadia (45 mins)					
08:00	<b>Reformer Pilates</b> Dilia (45 mins)		<b>Reformer Pilates</b> Dilia (45 mins)		<b>Reformer Pilates</b> Nadia (45 mins)		
08:30		<b>Reformer Pilates</b> Nadia (45 mins)		<b>Reformer Pilates</b> Vicky (45 mins)			
09:00			<b>Reformer Pilates</b> Dilia (45 mins)				
09:30		<b>Reformer Pilates</b> Nadia (45 mins)		<b>Reformer Pilates</b> Vicky (45 mins)		<b>Reformer Pilates</b> Atra (45 mins) 	<b>Reformer Pilates</b> Vicky (50 mins)
10:00			<b>Reformer Pilates</b> Dilia (45 mins)				
10:15	<b>Power Pilates</b> Victoria (60 mins)						
10:30		<b>Reformer Pilates</b> Nadia (45 mins)				<b>Reformer Pilates</b> Atra (45 mins) 	<b>Power Pilates</b> Vicky (50 mins)
11:00	<b>Reformer Pilates</b> Dilia (45 mins)						
18:00	<b>Reformer Pilates</b> Demet (45 mins)			<b>Reformer Pilates</b> Esther (45 mins)			
18:30		<b>Reformer Pilates</b> Ruta (45 mins)					
19:00	<b>Reformer Pilates</b> Demet (45 mins)			<b>Reformer Pilates</b> Esther (45 mins)			
20:15		<b>Power Pilates</b> Ruta (45 mins)					

 Cardio: Improve your cardiovascular system and burn calories

 Body & Mind: Release stress, improve flexibility and strengthen your core

 Shape/Conditioning: Sculpt and strengthen your muscles and change the shape of your body

To pre-book classes, call 04 366 6821 or email [mjreception@thejclub.com](mailto:mjreception@thejclub.com)

Please remember to bring a towel and a mat (if required) and arrive at least 5 minutes before class starts.



# RAMADAN TIMETABLE

Racket Sports Timetable at Jumeirah Al Qasr / Jumeirah Beach Hotel

## SQUASH WITH NIKKY HARRDINE - JUMEIRAH BEACH HOTEL

Time	Mon	Tue	Wed	Thu	Fri	Sat	Sun
14:30 - 16:00						<b>FAMILY CLINIC INTERMEDIATE</b> Mixed Group Kids 60   Adults 85	
15:30 - 17:00							<b>FAMILY CLINIC INTERMEDIATE</b> Mixed Group Kids 60   Adults 85
17:00 - 20:00	<b>MENS CLINIC ADVANCED</b> Adults Group AED 85	<b>MIXED CLINIC INTERMEDIATE</b> Adults Group AED 85		<b>MENS CLINIC ADVANCED</b> Adults Group AED 85		<b>MENS CLINIC ADVANCED</b> Adults Group AED 85	
18:00 - 21:00			<b>MIXED CLINIC ADVANCED</b> Adults Group AED 85				

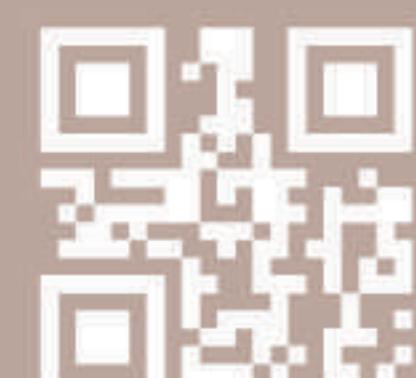
Advance booking required

Individual sessions are available; please coordinate directly with our trainers to arrange your appointments.

Kindly arrive at least 5-min before class starts.



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Nikky Harrdine  
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# RAMADAN TIMETABLE

## Recovery and Wellness Sessions at Jumeirah Mina Al Salam

Time	Mon	Tue	Wed	Thu	Fri	Sat	Sun
10:00		VO2 Health Assessment Miguel (30 mins)					
10:30			VO2 Health Assessment Miguel (30 mins)				Mobility Miguel (15 mins)
13:00			VO2 Health Assessment Danica (30 mins)		VO2 Health Assessment Danica (30 mins)		
15:00						VO2 Health Assessment Lucia (30 mins)	
17:00	VO2 Health Assessment Lucia (30 mins)	Power Plate Core Lucia (15 mins)					

- Core exercises build strength and stability in the midsection, improving posture, balance, and overall performance
- A mobility session enhances flexibility and joint range, promoting faster recovery and injury prevention
- Hypervolt sessions with theragun devices ease muscle tension, boost circulation and recovery

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Please remember to bring a towel and a mat (if required) and arrive atleast 5 minutes before class starts.

# RAMADAN TIMETABLE

## Group Class Description at Jumeirah Mina Al Salam

### BOOTCAMP

A high-intensity class designed to challenge endurance and strength. Combines functional movement, agility, and cardiovascular training to energise and empower.

### J STRENGTH

J Strength all encompassing workout combining, high intensity interval training and functional movement using a verity of weight training and equipment.

### POWER PLATE CORE

An efficient full-body session that harnesses vibration technology to elevate strength, flexibility, and overall wellbeing.

### LES MILLS VIRTUAL RPM

A virtual indoor cycling experience set to powerful music. Delivers a rhythm-driven, cinematic workout that challenges stamina and cardiovascular performance.

### LIFT

A strength-based class built around tempo and form. Focuses on muscular endurance and core activation with refined technique.

### ZUMBA

A joyful dance-based workout blending Latin-inspired moves with high-energy music. Boosts cardio, coordination, and mood in a vibrant setting.

### ZUMBA BELLY

A playful take on Zumba with belly dance-inspired movements. Combines Latin rhythms with core-focused motion for a confidence-boosting workout.

### GEAR CYCLING

A rhythm-driven cycling session built around power intervals and athletic flow. Distinct from traditional RPM formats, offering a fresh take on indoor riding.

### AQUA BIKE

An energising aquatic cycling session combining cardio and resistance in a joint-friendly, low-impact environment. Ideal for recovery, circulation, and fat burning.

### J CONDITION

J Club's signature circuit class combining strength, cardio, and functional training for a full-body workout that boosts endurance and overall fitness.

### VINYASA YOGA

A dynamic, flowing practice that links breath with movement, Vinyasa Yoga builds strength, flexibility, and focus. Each sequence is fluid and energising, designed to leave you feeling balanced, grounded, and renewed.

### STICK MOBILITY

A mobility-focused class using resistance sticks to enhance posture, range, and control. Supports deeper movement and structural alignment.

### AQUA GX

A dynamic group workout in the water that builds strength, endurance, and balance while being gentle on the joints.

### HATHA YOGA

A slower-paced, alignment-focused practice that introduces foundational yoga postures with mindful breathing. Ideal for all levels, Hatha Yoga enhances flexibility, posture, and mental clarity.

### ASHTANGA YOGA

A dynamic sequence rooted in traditional breath-led movement. Builds resilience, flexibility, and inner focus through structured postural flow.

### VO2 MAX ASSESSMENT

Discover your true fitness potential with our VO<sub>2</sub> Max Performance Assessment, a professional cycling-based test that measures your body's ability to use oxygen during exercise the gold standard of endurance and cardiovascular performance

### REFORMER PILATES

A refined, full-body session using the reformer machine to enhance core strength, joint mobility, and posture. Designed to support balance, stability, and overall alignment.

### MAT PILATES (50 MIN)

A 50-minute floor-based workout targeting core strength, posture, and muscular tone. Props such as fitness circles, soft balls, or light weights may be used to deepen the practice. Open to all levels.

### POWER PLATE (15 MIN EXPRESS CORE)

A fast, full-body vibration workout designed to boost strength, balance, and circulation in just 15 minutes. Perfect for all fitness levels quick, effective, and energizing.

### ACTIVE STRETCH & MOBILITY (45 MIN)

A fast, full-body vibration workout designed to boost strength, balance, and circulation in just 15 minutes. Perfect for all fitness levels quick, effective, and energizing.